



2021 HEALTH & SAFETY GUIDELINES

SEASON 2 SPORTS

Pre-Practice & Contest Screenings

- All coaches, student athletes, and game officials shall be screened prior to each practice or contest for signs / symptoms of COVID-19 prior to participating.
- Teams traveling for a contest should screen their student athletes prior to boarding transportation for the event, and once again upon arrival at the contest site. (Home contest site is not responsible for screening visiting athletes and coaches)
- Responses to screening questions for each person should be recorded and stored based upon school or district protocols.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

Hygiene Practices

- When practical, make handwashing/sanitization stations available and accessible for all Student Athletes, Coaches, Officials, and Spectators at all times.
- Disinfect frequently used items and surfaces on a daily basis.
- Mandate the use of face coverings for everyone entering the campus at all times.
- Require all Student Athletes, Coaches, Officials, and Spectators to bring their own water bottles. Water bottles must not be shared. Food should not be shared.

Facilities & Equipment

- All athletic facilities and equipment should be cleaned and disinfected at the conclusion of each practice or contest.
- Cleaning schedules should be created and implemented for all athletic facilities and equipment.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.)

Limit Areas for Public Gatherings

- Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact.

These Guidelines are specific to the San Diego Section are not meant to supersede CIF State Health and Safety Guidelines. Please refer to https://www.cifstate.org/covid-19/All_Sports_Guidelines.pdf for more information.



2021 CIFSDS Tennis Modifications

WIDESPREAD

This document provides guidance and meet modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, the state of California, and County restrictions and recommendations. Home Site Administration is responsible for informing all participants of local guidelines for participation.

GAME ADMINISTRATION

PRIOR TO CONTEST & TRAVEL

- Contact the opponents Athletic Director prior to the day of the contest to discuss any logistics and guidelines for that particular school or district.
- Bring your own equipment and towel. Do not share.
- Bring your own container of water.
- Arrive at the game site dressed if possible.

PREGAME

- Facilities for teams should be properly cleaned and sanitized prior arrival. The Home Coach should consult the school's Athletic Director for all procedures and guidelines that must be followed on campus for all students, coaches and guests. Proper sanitization materials must be made available to both parties participating.
- Before, during, and after the contest, players, coaches, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the court during pregame when possible.
- During warmups the home team will take the courts first followed by the visitors so that players can stay socially distanced and have space.

PREMATCH CONFERENCE

- Home coach will cover the logistics/sportsmanship expectations/health and safety guidelines with the visiting coach prior to the match (via phone, email or in person at the site prior to the match).

- 15 minutes before the match, coaches will exchange written lineups with correct spelling of the full names of the starting players. 5-10 minutes prior to the start of the match, each coach will meet with his/her respective team to remind them of the guidelines, rules, match and set format. At the designated match start time, coaches will send their starting players to their respective courts to begin the first round of matches.
- There will be no formal team introductions and team cheers prior to the start of the match.
- No handshakes prior to and following the matches. At the beginning of the first round of matches, a 5-minute warmup is allowed. The Home Coach will announce when play should begin. Players that are substituted into subsequent rounds are allowed to have a 5-minute warmup prior to the start of the set.

DESIGNATED TEAM AREAS

- Each team will have a designated team area where coaches and players are expected to practice social distancing while sitting/standing/observing the matches in play. Persons in the designated team area should be restricted to players and coaches only.
- Do not share uniforms, towels, water bottles, and other apparel or match equipment.
- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

MATCH/SET PROCEDURES

- Each round will designate who begins to serve.
 - ◊ First round - Home Team has choice of serve/receive
 - ◊ Second Round - Visiting Team has choice of serve/receive
 - ◊ Third Round - Home Team has choice of service/receive
- A coach will inform the opposing coach of any substitutions prior to allowing the player on the court for warmups/match play. Players will be allowed a 5 minute warmup if it is their first set of the match.

ON COURT

- Limit to designated coaches and active players (participating in set), with a recommended 3-6 feet between individuals. Non-active players and coaches must
- Stay off court and in designated viewing areas as specified by the home team. Social distancing must be observed at all times.
- Per USTA/ITF rules, coaching is still limited to 30 seconds on changeovers (odd numbered games only) and may be done by only ONE coach/captain at a time.
- Maintain social distancing when reporting the results of the match

BETWEEN MATCHES AND INTERMISSION BETWEEN PERIODS

- Players and coaches should have their own beverage container that is not shared.

- The time between matches and the intermission between sets may be extended in length for hydration and to sanitize game equipment.

POSTGAME

- No handshakes, high fives, fist bumps, hugs, etc. should occur pre or post-match.
- Coaches should verify the set scores and final match score. The Home Team Coach is responsible for reporting the scores on myUTR.com by the end of the week.
- Coaches should ensure that their designated team area is clean. Teams are responsible for their own items and must dispose of their own trash before departing the premises.

For more tennis specific information provided by the United States Tennis Association, click on the following links to the documents:

[*COVID-19 Transmission Information on Tennis Balls*](#)

[*USTA Player Recommendations during COVID-19*](#)

Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on cifsds.org.